

SOCCER DRILL



Eye–hand and eye–foot coordination are both good skills for everyday mobility. This soccer drill will instill confidence in those who are successful. They will make comments such as “I did it!” and “It’s been a long time since I kicked a ball.”

Benefits »

- ⦿ Improves eye–foot coordination.
- ⦿ Uses dual tasks.
- ⦿ Builds confidence.

Set It Up »

Create a soccer ball by wadding up a few pieces of newspaper and taping them into a ball. Tape it up pretty good so that it keeps its shape. These kinds of balls roll better and slower than real balls or balloons. Place an 18- to 20-foot (5.5- to 6-meter) tape line on the floor along a wall or handrail to provide a visual guide for the kicker to follow. At the end of the room, set up a net of some kind. It can be two chairs with a net at the back or just a line to kick the ball across—that’s their goal.

How to Do It »

The task is to dribble a ball (using the inside of the foot, soccer style) along the tape line and across the goal line. Use the following cues.

- ⦿ Use gentle kicks.
- ⦿ Keep core stable.
- ⦿ Kick with a sweeping motion from the inside of your foot.
- ⦿ Follow the line toward the goal.
- ⦿ Keep your eye on the goal as you approach it.
- ⦿ Use a sweeping movement to sweep the ball in the desired direction.



Give It More Balance »

- ⦿ Partners pass the ball back and forth between two or three participants. They’re a team. They work the ball up the field and score together!
- ⦿ Change kicking legs more frequently.
- ⦿ Make it more like a real soccer game and have two small teams of two to three people each (advanced).

Keep It Safe »

This is a more difficult activity in terms of fall risk. Take turns with the soccer drills.

Live It »

Soccer drills build self-confidence. Your participants can still play soccer!